



## Cultivating Joy through Gratitude

If you want to \_\_\_\_\_ different, you have to \_\_\_\_\_ differently.

Joy \_\_\_\_\_ us to God and each other.

### Two Types of Bonds:

1. \_\_\_\_\_ bond
  - Always walking on eggshells
  - You can't be yourself
  - Motivated by avoiding negative feelings or pain
2. \_\_\_\_\_ bond.
  - Is a secure relationship
  - Motivated by a desire to be with each other
  - Can be yourself without fear of rejection
  - Great capacity for growth and maturity

**Scripture: Psalm 118:15-24**

This is an example of a love bond that is characterized by joy!

**Understanding Joy**

1. Joy is \_\_\_\_\_.

“Joy is that feeling you get when someone looks at you and is happy to be with you.”

--Jim Wilder

“In [God’s] presence, there is fullness of joy!” (Psalm 116:11)

2. Joy is the fruit of \_\_\_\_\_.

3. Gratitude is a \_\_\_\_\_.

We’re not just training our \_\_\_\_\_, we’re also training our feelings, desires and emotions to align with what is true.

What is True? We have a really \_\_\_\_\_ !

To become grateful people, we must practice gratitude in a way that goes deeper than our \_\_\_\_\_ thoughts.

**The Practice: Practice for 5-10 minutes each day.**

1. Start a list of memories that bring joy to your face—moments that you sensed God was turning his face toward you and glad to be with you. (try to develop a list of 10)
2. Create a short name or descriptor for each memory. (These will help trigger the memory in the future.)
3. Spend time reliving the memory.
  - Where were you? Who was with you? Why is the moment special? What might God be communicating?Key: Try to remember and relive the bodily experience you had.
  - Butterflies in your stomach
  - A deep sense of peace or relief
  - Tears of joy
4. Ongoing: Do this practice every day for 30 days and see if your joy (or ability to return to joy after unpleasant experiences) increases.